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Charles Darwin University

Final Examination

Family Name					
Given Name/s					
Student Number					
Teaching Period	Semester 2, 2018				

SPE312 – Advanced Studies in Exercise and Sport Science 2	DURATION	
	Reading Time:	10 minutes
	Writing Time:	120 minutes
INSTRUCTIONS TO CANDIDATES		
<p>The examination is divided into three (3) sections. Attempt all questions.</p> <p>Section A. Multiple Choice. 40 Marks. Answer on examination paper.</p> <p>Section B. Short Answers. 20 marks. Answer on examination paper.</p> <p>Section C. Short Essays. 40 Marks. Answer on examination 16 page examination booklet.</p> <p>Total marks equal 100 marks.</p>		
EXAM CONDITIONS		
<p><u>You may begin writing from the commencement of the examination session.</u> The reading time indicated above is provided as a guide only.</p>		
This is a CLOSED BOOK examination		
No calculators are permitted		
No handwritten notes are permitted		
No dictionaries are permitted		
ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED	
No additional printed material is permitted	1 x 16 Page Book	

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Section B

Short Answer Questions

Total marks for this section: 20 marks

Each question is worth two (2) marks and marks are distributed equally throughout each question.

Answer in the spaces provided.

Suggested time allocation for Section B: 20 minutes

Question 1

Between the ages of 2 to 6 years fundamental movement skills are developing. Explain both stability and locomotor skills in this age group.

Stability Skills

Locomotor Skills

Question 2

In children differences exist when an inexperienced striker, as using a baseball bat, is compared to an experienced striker. List the major differences in technique when these two skill levels are compared.

Inexperienced

Experienced

Question 3

Explain the differences between competition and cooperation.

Competition

Cooperation

Question 4

Based on adult psychosocial-affective development in context of exercise and sport list and explain the three major self-regulatory phases for adults.

1.

2.

3.

Question 5

Define different four (4) types of feedback applied to enhance motor skill learning in adults.

1. _____

2. _____

3. _____

4. _____

Question 6

Genetic and environmental factors have been identified that influence the development of exercise and sport performance in people.

1. List three performance factor significantly influenced by genetics factors.

2. List three performance factor significantly influenced by environmental factors.

Question 7

Explain the concept of psychological skills training as it is applied to exercise and sport.

Question 8

There are four stages in the competition process according to Weinberg and Gould (2015). Explain the four stages with examples from competitive sport to illustrate each stage.

1.

2.

3.

4.

Question 9

Three components of morality of sport have been suggested. List and explain each component with examples from sport to support your answers.

1.

2.

3.

Question 10

You are shooting a basketball in a game of basketball so list the environmental, task and individual constraints that might be encountered in this sport context.

Environmental

Task

Individual

Section C

Extended Answer Questions

Total marks for this section: 40 marks

Each question is worth ten (10) marks. Answer in the ANSWER BOOKLET provided.

Suggested time allocation for Section C: 60 minutes

Question 1

Draw a schematic diagram of the human exercise-aging cycle. On the diagram list the four major components in the cycle and explain the factors associated with each component and the implications of each component on the next cycle and on human physical, cognitive and psychological affective responses which then influence on exercise and sport performance. **10 marks.**

Question 2

Explain the factors that are associated with pre-practice considerations for both the athlete and coach/instructor. In your answer define the concept and support your answer from examples from exercise and sport. **10 marks.**

Question 3

- a) Explain the different types of leaders as coaches and team captains in sport and how they achieve their roles. **5 marks.**
- b) Explain the different types of aggression displayed in sport and the different theories that attempt to explain and predict human aggression in sport. **5 marks.**

Question 4.

Both physiological and psychological have been suggested as to how exercise enhances psychological wellbeing. List and explain five explanations for both the physiological and psychological effects. **10 marks.**